



The Secrets of Self-Hypnosis: Harnessing the Power of Your Unconscious Mind

Adam Eason

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The Secrets of Self-Hypnosis is a ground-breaking, practical, step-by-step guide to harnessing the power of your unconscious mind. Using a structured and unique methodology, this book shows you how absolutely anyone can enter hypnosis easily, how to be in control of the state of hypnosis, how to deepen your experience of it and deliver powerful changes or make updates to your life, all by yourself! In addition, the Secrets of Self-Hypnosis has a wide range of advanced techniques and strategies. You will learn how to: * Increase confidence * Manage and overcome inertia * Distort your perception of time * Become a non-smoker * Achieve and maintain your ideal weight * Let go of pain * And much more This book also shows you how to learn and use the language of success and self-mastery and utilizes a great many techniques from a wide array of other fields to ensure that your experience of self-hypnosis is powerful, profound, and helps you achieve your dreams. "Adam Eason has written the ultimate book on self-hypnosis. An incredible resource for those with knowledge of hypnosis and those just beginning!" Kevin Hogan, Psy.D., Author of Psychology of Persuasion

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